



Euleess Family Life Center

Summer Class Offerings

Baby Signing Time Academy

Using American Sign Language in your home to communicate is a fantastic way to jumpstart communication with infants and children at an early age, bridge the communication gap in a child with a communication disability, or teach your child to enjoy learning and language. Each Baby Signing Time class is designed for parents with children age 3 and under. Class fees are paid per family. Parents and children will practice signs together in a playful setting, learning to make signing a part of daily life.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310015-01	6/7	EFLC	4m-3y	T	9:30-10:15am	4	\$50
310015-02	7/5	EFLC	4m-3y	T	9:30-10:15am	4	\$50

Mommy and Me Gymnastics

Our Mommy and Me program is a parent/child participation class led by a safety-educated instructor. Includes an aerobic musical warm-up designed to teach the children rhythm, balance, coordination, and basic gymnastics terminology. The class uses a tumbling circuit designed to teach basic tumbling skills like front and back rolls, handstands, and cartwheels. Children are also introduced to the bars and balance beam using an apparatus circuit. And we never forget about play time with games and fun activities such as parachutes, bubbles, and balls!

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310181-01	6/6	EFLC	18-30m	M	6-6:45pm	7	\$72
310181-02	8/1	EFLC	18-30m	M	6-6:45pm	5	\$57

Abrakadoodle Art for Twoosy Doodlers

New classes every week!!! In this class, parents and children will explore the basics of art together. Children will be exposed to many mediums, art styles, and fun while parents have the chance to interact with their child through art. Caregiver participation is required for these classes. An \$8 supply fee is due on the first day of class.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310004-01	6/1	EFLC	20-36m	W	3:30-4:30pm	4	\$40
310004-02	7/6	EFLC	20-36m	W	3:30-4:30pm	4	\$40
310004-03	8/3	EFLC	20-36m	W	3:30-4:30pm	4	\$40

Tot Ice Skating Instruction

Tots will learn the basics of ice skating in a fun environment. Children will practice falling down and getting up, marching across the ice, back wiggles, and stops. Toys, cones and stuffed animals are all used

on the ice as teaching tools. Price includes skate rental on class day plus additional two free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311161-01	6/18	DPSC	3-4	S	11:15-11:45am	2	\$30
311161-02	7/16	DPSC	3-4	S	11:15-11:45am	2	\$30
311161-03	8/6	DPSC	3-4	S	11:15-11:45am	2	\$30

Abrakadoodle Art for Mini Doodlers

Your child will have loads of fun while learning about master and contemporary artists, various art mediums and techniques. In our art education classes, children complete a new project each class. Parents are invited to attend the gallery showing during the last 10 minutes of class, where their child will be presenting their artwork using their newly learned arty words. An \$8 supply fee is due on the first day of class. New classes every week!!!

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310005-01	6/1	EFLC	3-5	W	5-6pm	4	\$40
310005-02	7/6	EFLC	3-5	W	5-6pm	4	\$40
310005-03	8/3	EFLC	3-5	W	5-6pm	4	\$40

Tap/Ballet Combo

This class teaches the basics of tap and ballet technique. Students will learn tap and ballet steps and combinations as well as a recital dance. Students will gain an understanding of body awareness as well as performance skills, rhythm and musicality. All students will learn proper dance terminology. Ballet and tap shoes are required for participation in this class.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310200-01	6/4	EFLC	3-6	S	10-10:45am	8	\$82
310200-02	8/6	EFLC	3-6	S	10-10:45am	4	\$52

Hip-Hop/Jazz

Hip hop your way through 45 minutes of high-energy dance set to pop, hip hop and up tempo music. A short warm up will be followed by a combination that will grow and be repeated throughout class. Each week a new combination will be taught. All students will learn proper dance terminology. Class will end with a short cool down. Requested attire includes: comfortable athletic wear and jazz or ballet shoes.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310208-01	6/4	EFLC	3-6	S	11-11:45am	8	\$82
310208-02	8/6	EFLC	3-6	S	11-11:45am	4	\$52

Just 4 Flips Gymnastics Pre-K

Just 4 Flips Mobile Gymnastics is the place to be for all boys and girls looking to “flip-start” their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using

gymnastics equipment. Our program emphasizes proper technique and terminology and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills!

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310200-01	6/6	EFLC	3-6	M	5-5:45pm	7	\$72
310200-02	8/1	EFLC	3-6	M	5-5:45pm	5	\$57

Just 4 Flips Cheerleading

If your child is interested in becoming a cheerleader, this class is the perfect opportunity to learn all that cheerleading has to offer! Our classes are taught by instructors trained as All-Star Cheerleaders, and we incorporate the fundamentals of cheering, arm-movements, jumps, and a variety of tumbling. Parents and friends are invited to our PEP RALLY the last class day to showcase all of our new skills. No class July 4.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310215-01	6/6	EFLC	3-7	M	7-7:50pm	7	\$77
310215-02	8/1	EFLC	3-7	M	7-7:50pm	5	\$62

Signing Time Academy

Older children will learn sign language vocabulary on an interactive setting. Research suggests that signing with hearing can improve confidence and self-esteem, support spelling skills, encourage an interest in books, and can improve IQ scores. Sign language is increasingly becoming more recognized as a foreign language in schools and as part of home school curriculum. Registration is per family sibling and parents are welcome to attend.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310020-01	6/7	EFLC	4-10	T	10:30-11:30am	4	\$55
310020-02	7/5	EFLC	4-10	T	10:30-11:30am	4	\$55

Lil' Dribblers

A non-competitive basketball class, boys and girls will practice the proper methods of dribbling, shooting, and passing, with a strong emphasis on teamwork, endurance and fun. Bring an age appropriate basketball with your child's name on it.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310515-01	6/4	EFLC	5-9	S	10-10:45am	4	\$35
310515-02	7/9	EFLC	5-9	S	10-10:45am	4	\$35
310515-03	8/6	EFLC	5-9	S	10-10:45am	4	\$35

Taekwondo-Do Tigerkubs

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the very basic fundamentals of Taekwondo-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination, and flexibility. This program

can help to enhance focus and concentration, build character, discipline and self-esteem. Instructor: Camille Dockter

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310130-01	5/28	EFLC	5-8	S	9-9:45am	6	\$27
310208-02	7/23	EFLC	5-8	S	9-9:45am	6	\$27

Ice Skating- Skate Like A 'Star'

Skaters will learn basic forward and backward skating, swizzles, one-foot glides, and stops. Crossovers will be introduced. Skate rental included in the class. Price includes 30 minutes of instruction and free public skating and following class, plus two additional free public skate sessions of choice.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311162-01	6/14	DPSC	5-13	T	6:15-6:45pm	2	\$30
311162-02	6/18	DPSC	5-13	S	10:45-11:15am	2	\$30
311162-03	7/19	DPSC	5-13	T	6:15-6:45pm	2	\$30
311162-04	7/16	DPSC	5-13	S	10:45-11:15am	2	\$30
311162-05	8/2	DPSC	5-13	T	6:15-6:45pm	2	\$30
311162-06	8/6	DPSC	5-13	S	10:45-11:15am	2	\$30

Taekwondo-Do Beginners

(Ages 9-13) (White Belt - Green Stripe)

This children specific program explores the entire range of techniques for training in the Taekwondo-Do Jungshin Program. It is designed to instill the physical and character benefits of martial arts while motivating children to achieve success. Instructor: Camille Dockter

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310131-01	5/24	EFLC	8-12	T	6-7:15pm	6	\$55
				S	10-11:15am		
310131-02	7/19	EFLC	8-12	T	6-7:15pm	6	\$55
				S	10-11:15am		

Taekwon-Do Advanced

(Green Belt - Black Belt)

This children specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin program to progress into more advanced and intricate skill development reaching their first black belt and beyond. No class May 30 or July 4. Instructor: Camille Dockter

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310132-01	5/23	EFLC	8-12	M/TH	6-7:15pm	6	\$55
310132-02	7/18	EFLC	8-12	M/TH	6-7:15pm	6	\$55

Cardio Dance and Sculpt

Bring your hand weights and towel! Get ready to burn calories, sweat out impurities, and define and tone through cardio moves, dance, squats, weights, step boxes, and more! Instructor: Debbie Day

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310315-01	6/6	EFLC	13+	M/TH	6-7pm	4	\$26
310315-02	7/11	EFLC	13+	M/TH	6-7pm	3	\$18
310315-03	8/1	EFLC	13+	M/TH	6-7pm	4	\$26

Water Aerobics/ Wellness and Weight Management

Increase flexibility, range of motion, lean body mass, and metabolic rate in water. Get a more beneficial workout without the stress on knees and ankles. Excellent class for weight loss and overall toning. Aquatic strength training, abdominal work and intervals included in each class. Morning classes will meet at Midway Pool and evening classes will meet at Wilshire Pool. No class July 4. For more information, call Bev at 817-649-SWIM.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
320011-01	6/1	MP	17+	MWF	8-8:50am	4	\$36
320011-02	6/1	WP	17+	MW	7:30-8:20pm	4	\$34
320011-03	7/1	MP	17+	MWF	8-8:50am	4	\$36
320011-04	7/1	WP	17+	MW	7:30-8:20pm	4	\$34
320011-05	8/1	MP	17+	MWF	8-8:50am	4	\$36
320011-06	8/1	WP	17+	MW	7:30-8:20pm	4	\$34

Deep Water Dynamics

Deep-water aerobics offers you a program which improves overall aerobic fitness, cardiovascular endurance, flexibility, coordination, and promotes the development of muscle strength. Deep-water exercise is at the top of the charts as far as burning calories! This class is for all fitness levels. Aquatic strength training and abdominal work are included in all classes. Classes held at South Eules Pool. For additional information, call Bev at 817-649-SWIM.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
320012-01	6/2	SEP	17+	T/TH	7:30-8:20pm	4	\$34
320012-02	7/5	SEP	17+	T/TH	7:30-8:20pm	4	\$34
320012-03	8/2	SEP	17+	T/TH	7:30-8:20pm	4	\$34

Evening Combo Class: Water Aerobics & Deep Water Dynamics

Sign up for both evening Water Aerobics and Deep Water classes for a total body workout at a discounted price of \$60. Please call Bev if you want to attend morning Water Aerobics instead of evening. Permission must be granted before attending morning sessions. See above class for details. Classes held at Wilshire Pool and South Eules Pool.

30 Minute Body Express

This workout will tone all major muscle groups in just 30 short minutes! Resistance training helps strengthen muscles and increase your metabolism. This a non-aerobic workout using hand weights to tone the whole body. Ideal for fitness levels beginner to intermediate. Bring your own weights, 3 to 10lbs depending on your fitness level, and a yoga mat to class. Instructor: Courtney Morrison

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310355-01	6/1	EFLC	16+	M/W	7-7:30pm	4.5	\$20
310355-02	7/6	EFLC	16+	M/W	7-7:30pm	4.5	\$20

Abs & Assets

Want flat abs to show off for bikini season this year? Abs & Assets in a non-aerobic thirty minute workout specifically designed to target abdominal and gluteus muscles. Appropriate for all fitness levels. Please bring a towel and yoga mat to class. Instructor: Courtney Morrison

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310343-01	6/1	EFLC	16+	M/W	7:35-8:05pm	4.5	\$20
310343-02	7/6	EFLC	16+	M/W	7:35-8:05pm	4.5	\$20

Hatha Yoga

Hatha Yoga is an ancient discipline that uses breath, physical postures, mental focus, and relaxation to firm the body, calm the breath, soothe the mind, and refresh the outlook. Make a change in your life with yoga. Experience new increased strength, flexibility, balance, and weight loss. Yoga changes lives! Please bring your own sticky mat and beach towel. Instructor: Jessica Copeland

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310330-01	6/7	EFLC	13+	T/TH	7-8pm	4	\$45
310330-02	7/12	EFLC	13+	T/TH	7-8pm	3	\$36
310330-03	8/2	EFLC	13+	T/TH	7-8pm	3	\$36

Bootcamp

Ready to kick it up a notch? Whether you've been exercising and want a challenge, or you have just decided to start working out-this is the class for you. Bootcamp is a high energy, butt kicking, all level, constantly evolving workout that will burn calories, drop excess weight, and uncover the "new" you! \$45 for two days or come three days for \$68. Instructor: Behka Hartmann – Certified Fitness Instructor

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310350-01	6/7	EFLC	13+	T/TH/F	5:45-6:45am	4	\$68
310350-02	7/5	EFLC	13+	T/TH/F	5:45-6:45am	4	\$68
310350-03	8/2	EFLC	13+	T/TH/F	5:45-6:45am	4	\$68

Zumba

Come join the "Party" and ditch the "Workout"!! You don't have to know how to dance. Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness workout. Sign up early as spaces fill up quickly No class May 30 or July 4. Instructor Kellie Grant - Zumba Certified

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310300-01	6/1	EFLC	13+	M/W	7-8pm	3.5	\$52
310300-02	6/27	EFLC	13+	M/W	7-8pm	4.5	\$62
310300-03	8/1	EFLC	13+	M/W	7-8pm	5	\$62

Adult Ice Skating

For adult skaters with little or no experience. Skaters will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and one-foot glides. Forward crossovers will be introduced. Skate rental included in the class, plus two free public skate sessions.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311165-01	6/14	DPSC	14+	T	6:45-7:15pm	2	\$30
311165-02	7/19	DPSC	14+	T	6:45-7:15pm	2	\$30
311165-03	8/2	DPSC	14+	T	6:45-7:15pm	2	\$30

Taekwon-Do Adult

(White Belt through Black Belt)

This program is an adult-based comprehensive training system that is designed to prepare all levels of adult students to achieve their fullest potential, from the white belt to the first degree black belt (and beyond). Along with the numerous physical benefits shall be the development of the student's confidence, character, and integrity. Instructor: Camille Dockter

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310134-01	5/24	EFLC	13+	T/TH	7:30-9pm	6	\$65
310134-02	7/19	EFLC	13+	T/TH	7:30-9pm	6	\$65

Hapkido

Hapkido, the art of coordinated power, is a comprehensive Korean self defense system involving joint locks, pressure points, throws, kicks, and strikes. Hapkido, a "soft" martial art, seeks to gain advantage over an opponent through techniques, avoiding the use of strength against strength. This class is designed for beginner through black belt and beyond. Instructors: Todd Jach

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310133-01	6/6	EFLC	13+	M	7:30-9pm	4	\$25
310133-02	7/11	EFLC	13+	M	7:30-9pm	4	\$25
310133-03	8/8	EFLC	13+	M	7:30-9pm	4	\$25

You Can Oil Paint - Adult and Teen

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or experienced artist! You'll be proud to frame and hang your masterpiece at the end of class. Learn perspective, color mixing, time saving brush strokes and composition. All supplies are provided. Wear an old T-shirt and bring paper towels to class. Instructor: Susan Rogers

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310810-01	6/16	EFLC	14+	TH	6-9pm	1	\$37
310810-02	7/21	EFLC	14+	TH	6-9pm	1	\$37
310810-03	8/18	EFLC	14+	TH	6-9pm	1	\$37

Digital Photography

Can't figure out that new digital camera? Always wanted to learn how to take pictures without looking through the lens? Come learn new ways to take photographs and impress yourself. Photography fundamentals will be covered such as sunlight, angles, and black/white photos. Participants need to bring their own personal digital camera and accessories. Instructor: Tim Lane

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310830-01	6/8	EFLC	16+	W	7-8pm	4	\$45
310830-02	7/6	EFLC	16+	W	7-8pm	4	\$45
310830-03	8/3	EFLC	16+	W	7-8pm	4	\$45

Tai Chi Correction

This class, for returning students, completes and incorporates the forms introduced in the beginner course to create a low-impact workout. It continues to improve overall physical, mental, and emotional health. Wear loose fitting clothing and flat shoes. Instructor: Wendy Love

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
310830-01	6/1	EFLC	18+	W	6-7pm	5	\$40
310830-02	7/6	EFLC	18+	W	6-7pm	4	\$40
310830-03	8/3	EFLC	18+	W	6-7pm	5	\$40

Protecting What's Important

During this seminar, we'll discuss how insurance can help protect you and your family. Specifically, we'll examine what types of insurance you should consider and how to determine how much insurance fits into your overall financial strategy. This seminar is taught by Michael Scoma with Edward Jones.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311003-01	8/9	EFLC	18+	T	10-11:30am	1	FREE

Retirement Has Changed What's Your Move?

Together, we'll explore how to organize and record your financial assets, how to set realistic goals for retirement spending, how to determine if you're on track to reach your goals, and what to do if you're not where you'd like to be.. This seminar is taught by Michael Scoma with Edward Jones.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311002-01	6/14	EFLC	18+	T	10-11:30am	1	FREE
311002-02	7/21	EFLC	18+	TH	10-11:30am	1	FREE

AMERICAN RED CROSS SWIM LESSONS

American Red Cross instructors teach aquatic and safety skills in a logical progression. For your convenience, you may register online at www.eulesstx.gov or in person at the Eules Family Life Center. Swim lessons are for ages four and up; Water Tots is for children age 1 through 4. Classes meet for two weeks, Monday through Thursday. In case of inclement weather; we will hold a Safety Class inside the Eules Family Life Center. No class on July 4. Classes are held at Midway Pool, Wilshire Pool, and South Eules Pool. For more information, call 817-685-1666.

LEVEL 1: Introduction to Water Skills

Purpose: Help students feel comfortable in the water.

- *Basic water safety rules
- *Submerging mouth, nose and eyes
- *Opening eyes underwater and picking up submerged object
- *Swimming on front and back using arm and leg actions
- *Recognizing a swimmer in distress and getting help
- *Exhaling underwater
- *Floating on front and back

LEVEL 2: Fundamental Aquatic Skills

Purpose: Give students success with fundamental skills.

- *Submerging entire head
- *Front and back glide
- *Recognizing a swimmer in distress and getting help
- *Bobbing in water
- *Jellyfish float
- *Swimming using combined stroke on front and back

LEVEL 3: Stroke Development

Purpose: Build on the skills in level 2 by providing additional guided practice.

- *Reach assist
- *Submerging and retrieving an object
- *Front and back glide
- *Front and back crawl
- *Kneeling or standing dive (shallow dive progression)
- *Rotary breathing in horizontal position
- *Survival float, back float
- *Butterfly-kick and body motion
- *Treading water using arm and leg motions

LEVEL 4: Strokes and Turns

All key elements for the competitive swimmer. Our coaches will break down the basics for you and work with you in endurance, stroke refinement and proficiency. All level 4 and above will benefit from this unique class. Instructor: Different Strokes Swim School, American Red Cross Certified.

LEVEL 1

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
320001-01	6/6	MP	4+	M-TH	9-9:35am	2	\$49
320001-02	6/6	MP	4+	M-TH	9:45-10:20am	2	\$49
320001-03	6/6	MP	4+	M-TH	10:30-11:05am	2	\$49
320001-04	6/6	WP	4+	MWF	5:45-6:20pm	3	\$49
320001-05	6/6	WP	4+	MWF	6:30-7:05pm	3	\$49
320001-06	6/20	MP	4+	M-TH	9-9:35am	2	\$49
320001-07	6/20	MP	4+	M-TH	9:45-10:20am	2	\$49
320001-08	6/20	MP	4+	M-TH	10:30-11:05am	2	\$49
320001-09	6/27	WP	4+	MWF	5:45-6:20pm	3	\$49
320001-10	6/27	WP	4+	MWF	6:30-7:05pm	3	\$49
320001-11	7/11	MP	4+	M-TH	9-9:35am	2	\$49
320001-12	7/11	MP	4+	M-TH	9:45-10:20am	2	\$49
320001-13	7/11	MP	4+	M-TH	10:30-11:05am	2	\$49
320001-14	7/18	WP	4+	MWF	5:45-6:20pm	3	\$49
320001-15	7/18	WP	4+	MWF	6:30-7:05pm	3	\$49

LEVEL 2

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
320002-01	6/6	MP	4+	M-TH	9:45-10:20am	2	\$49
320002-02	6/6	MP	4+	M-TH	10:30-11:05am	2	\$49
320002-03	6/6	WP	4+	MWF	5:45-6:20pm	3	\$49
320002-04	6/6	WP	4+	MWF	6:30-7:05pm	3	\$49
320002-05	6/20	MP	4+	M-TH	9-9:35am	2	\$49
320002-06	6/20	MP	4+	M-TH	10:30-11:05am	2	\$49
320002-07	6/27	WP	4+	MWF	5:45-6:20pm	3	\$49
320002-08	6/27	WP	4+	MWF	6:30-7:05pm	3	\$49
320002-09	7/11	MP	4+	M-TH	9-9:35am	2	\$49
320002-10	7/11	MP	4+	M-TH	9:45-10:20am	2	\$49
320002-11	7/11	MP	4+	M-TH	10:30-11:05am	2	\$49
320002-12	7/18	WP	4+	MWF	5:45-6:20pm	3	\$49
320002-13	7/18	WP	4+	MWF	6:30-7:05pm	3	\$49

LEVEL 3

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
320003-01	6/6	MP	4+	M-TH	10:30-11:05am	2	\$49
320003-02	6/6	WP	4+	MWF	6:30-7:05pm	3	\$49
320003-03	6/20	MP	4+	M-TH	10:30-11:05am	2	\$49
320003-04	6/27	WP	4+	MWF	6:30-7:05pm	3	\$49
320003-05	7/11	MP	4+	M-TH	9:45-10:20am	2	\$49
320003-06	7/18	WP	4+	MWF	5:45-6:20pm	3	\$49

LEVEL 4 – Strokes/Turns

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
320004-01	6/6	MP	4+	M-TH	9-9:35am	2	\$49
320004-02	6/6	WP	4+	MWF	6:30-7:05pm	3	\$49
320004-03	6/20	MP	4+	M-TH	9:45-10:20am	2	\$49
320004-04	6/27	WP	4+	MWF	5:45-6:20pm	3	\$49
320004-05	7/11	MP	4+	M-TH	10:30-11:05am	2	\$49
320004-06	7/18	WP	4+	MWF	6:30-7:05pm	3	\$49

WATER TOTS

Children are introduced to the water in a way most comforting to them. Parents must join the child in the pool. Children will be required to wear a swim diaper if not potty trained. Morning classes held at Midway Pool and evening classes held at South Eules Pool. Actual water time is 30 minutes. Instructor: Different Strokes Swim School, American Red Cross Certified

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
320000-01	6/6	MP	1-3	M-TH	9-9:35am	2	\$49
320000-02	6/7	SEP	1-3	T/TH	5:30-6:05pm	4	\$49
320000-03	6/7	SEP	1-3	T/TH	6:10-6:45pm	4	\$49
320000-04	6/7	SEP	1-3	T/TH	6:50-7:25pm	4	\$49
320000-05	6/20	MP	1-3	M-TH	9-9:35am	2	\$49
320000-06	7/12	SEP	1-3	T/TH	5:30-6:05pm	4	\$49
320000-07	7/12	SEP	1-3	T/TH	6:10-6:45pm	4	\$49
320000-08	7/12	SEP	1-3	T/TH	6:50-7:25pm	4	\$49

PRIVATE SWIMMING LESSONS

Whether you or your children simply want to refine your swimming skills or have experienced a fear of the water, this class is the one for you! You will receive concentrated instruction that will be tailored to your specific goals. Receive eight 30-minute classes; semi private are also available. Instructor: Different Strokes Swim School, American Red Cross Provider. Please call Bev at 817-649-SWIM for additional information. *Private instruction is \$250 for eight 35-minute classes.*

H₂OPE PROGRAM

H₂OPE is a community outreach aquatic fitness program for children with special needs. H₂OPE provides an alternative recreational activity to help meet physical, cognitive, and psychosocial needs emphasizing fun, safety, and non-competitive and successful experiences. This is a grant-funded program with no cost to the caregiver. Class meets on Saturdays. For more information, please call Bev at 817-649-SWIM.

Not sure which level your child should be in? Let our professional swim instructors ensure proper enrollment. Join us for a complimentary evaluation on Saturday, May 28th from 10:00am-noon at the Midway Pool!!

Summer Dance Camp

Let your child experience the joy of dance in this unique dance camp. This one week dance camp teaches different styles of dance from ballet, jazz and hip hop. The variety is certain to keep your little one entertained. Your child will stay engaged and benefit from expressing themselves while gaining better balance and coordination. Dance attire and shoes not required.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311210-01	7/11	EFLC	3-6	M-TH	10-11:30am	1	\$70

Little Tykes Adventure Camp

Come, have fun , and enjoy an adventure as we explore some hands on theme based activities. Each week will be filled with arts, crafts, music, games, and plenty of imagination. So join us for an amazing ride. Participants may sign up weekly or for an entire summer. Instructor: Yolanda Scheimann

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311110-01	6/6	EFLC	5-6	M-TH	9am-2pm	1	\$77
311110-02	6/13	EFLC	5-6	M-TH	9am-2pm	1	\$77
311110-03	6/20	EFLC	5-6	M-TH	9am-2pm	1	\$77
311110-04	6/27	EFLC	5-6	M-TH	9am-2pm	1	\$77
311110-05	7/5	EFLC	5-6	T-F	9am-2pm	1	\$77
311110-06	7/11	EFLC	5-6	M-TH	9am-2pm	1	\$77
311110-07	7/18	EFLC	5-6	M-TH	9am-2pm	1	\$77
311110-08	7/25	EFLC	5-6	M-TH	9am-2pm	1	\$77

Princess Camp

Does the little girl in your life love to play dress up, does she love to watch princess movies, or always pretend to be a princess? This camp is perfect for that little princess. We will play dress up, make arts & crafts, paint nails, and have tea parties. Each princess will receive an official princess certificate and tiara at the camp closing ceremonies.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311160-01	6/27	EFLC	4-7	M-TH	9-10:30am	1	\$40

Beginners Soccer Camp

In this non-competitive camp, boys and girls will practice kicking, passing, and shooting. Participants should bring shin guards and a soccer ball. No cleats! This class will meet at Bob Eden Park.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311120-01	6/6	BEP	5-9	M-TH	9-10:30am	1	\$60

Summer Adventure Camp

Weekly day camp features field trips, swimming, sports, art & crafts, team building, and more. Campers should bring their own lunch, snacks, water bottle, change of clothes, swimsuit, towel, and sunscreen in a back pack every day. Price includes fieldtrips, transportation to and from, and one camp T-shirt. You may sign your child up for the entire summer or just a week!

New Seat Belt Law: In accordance with Texas Law, starting June 1, 2010, any child under the age of 8 who is shorter than 4'9" will be required to bring a booster seat on the days of the field trips.

Cost: \$10 non-refundable, non-transferable deposit per week per participant. Sibling discount of \$5 off the total price for each additional child you have enrolled for the same week! Deposits will not be discounted. After registration you will be given a payment schedule to follow for the summer. Each week of camp will \$75 thereafter. (Week One and Six are \$65).

Registration: For Euless Residents-April 30th at 7a.m. at the Euless Family Senior Center located at 300 W. Midway on the east side of the building. Proof of residency is required(photo ID and current utility bill). Non-Residents-May 4 at 8 a.m. at the Euless Family Life Center located 300 W. Midway. You must pay \$10 non-refundable, non-transferrable deposit per week per participant at time of registration. Registration will remain open until weeks are filled at which time your child can be placed on a waiting list at no charge. A registration packet will be available on line at www.eulesstx.gov/pacs on April 25.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311111-01	5/31	EFLC	6-11	T-F	7:30am-6pm	1	\$75
311111-02	6/6	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-03	6/13	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-04	6/20	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-05	6/27	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-06	7/5	EFLC	6-11	T-F	7:30am-6pm	1	\$75
311111-07	7/11	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-08	7/18	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-09	7/25	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-10	8/1	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-11	8/8	EFLC	6-11	M-F	7:30am-6pm	1	\$85

Trojan Baseball Camp

Improve your hitting, throwing, and catching abilities with help from the Trinity High School Baseball Staff. All skills related to the game of baseball will be stressed. So come out get ready to have fun! Each participant receives a camp T-shirt in price of camp.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311170-01	6/13	EFLC	5-8	M-TH	8:30-10am	1	\$75
311170-02	6/13	EFLC	9-14	M-TH	10:30am-Noon	1	\$75

Sport Performance Youth Camp

If you're looking for a great way to keep your child active during the summer as well as boosting their confidence and improving their athletic performance, give our Sports Performance for Youth program a try this summer. This six-week camp will use trained professionals from the Texas Health Fitness Center to teach kids about the benefits of plyometric training, proper exercise techniques to prevent injuries, explosive exercises to increase their strength, speed, and agility, and develop usable foundations for building self esteem and confidence. Depending on participation numbers, class may meet at Eules Family Life Center or the Texas Health Fitness Center.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311130-01	6/6	EFLC	8-12	M-TH	10:15-11:15am	1	\$35
311130-02	6/13	EFLC	8-12	M-TH	10:15-11:15am	1	\$35
311130-03	6/20	EFLC	8-12	M-TH	10:15-11:15am	1	\$35
311130-04	6/27	EFLC	8-12	M-TH	10:15-11:15am	1	\$35
311130-05	7/11	EFLC	8-12	M-TH	10:15-11:15am	1	\$35
311130-06	7/18	EFLC	8-12	M-TH	10:15-11:15am	1	\$35
311140-01	6/6	EFLC	13-18	M-TH	10:15-11:15am	1	\$35
311140-02	6/13	EFLC	13-18	M-TH	10:15-11:15am	1	\$35
311140-03	6/20	EFLC	13-18	M-TH	10:15-11:15am	1	\$35
311140-04	6/27	EFLC	13-18	M-TH	10:15-11:15am	1	\$35
311140-05	7/11	EFLC	13-18	M-TH	10:15-11:15am	1	\$35
311140-06	7/18	EFLC	13-18	M-TH	10:15-11:15am	1	\$35

Tennis Camp

Participants will learn fundamentals of tennis including forehands, backhands, and the mechanics of serving. Participants will groups to work on skills, games, and strategies to improve their game. Please bring a water bottle, I can of tennis balls, and a tennis racquet to camp. This class meets at Bob Eden Park's tennis courts.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311125-01	6/13	BEP	6-11	M-TH	9-10:30am	1	\$50

Summer Drama Camp

Is acting one of your child's dreams do they aspire to be on television or in the movies? Summer Drama Camp could be their answer to finding fame. The campers will become familiar with acting, comedy, singing, dancing, as well as scenery design, and development. The camp will end with a performance written and acted by the participants.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311150-01	7/18	EFLC	6-12	M-TH	9-10:30am	1	\$50

Art Rocks! By Abrakadoodle

The stage is set for rock artists everywhere! Art Rocks combines fun music and energetic art for a wildly creative adventure. Campers will make musical instruments, learn about rhythm, and create some music of their own! They'll design a poster promoting a concert, as well as a unique label for a new CD. These rock artists will create their own rock art, design mystifying paintings to music, and try their hand at melodic action painting. A \$30 supply fee is due on the first day of class.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311114-01	7/25	EFLC	6-12	M-F	9am-Noon	1	\$90

Adventures in Art Camp

In this four-day art camp, your child will complete eight different works of art, using 5 different mediums that you'll be proud to frame and display! Your young Monet will paint with oils, watercolors, and acrylics and draw with charcoals and oil pastels. All art supplies are provided. Bring a roll of paper towels and wear an old shirt. Instructor: Susan Garden

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311155-01	6/20	EFLC	7-10	M-TH	9-11:45am	1	\$110
311155-02	8/8	EFLC	7-10	M-TH	9-11:45am	1	\$110

Outdoor Adventure Camp

Enjoy the outdoors, like taking walks in nature, and want to learn how to properly set up a tent and make a campsite? Come out for an educational outdoor adventure camp. Learn how to use a hand held GPS unit and how to pack a backpack for a day trip through the woods. Wear comfortable shoes and bring a water bottle. This class meets at the Preserve at McCormick Park.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311220-01	7/5	OFF	6-12	T-F	9-11am	1	\$50

Flag Football Camp

Come learn the fundamentals of flag football in this fun energetic camp. The camp will emphasize passing, receiving, defensive techniques, and special teams. The last day of camp, participants will be broken into teams for morning of seven on seven games. Participants need to wear athletic clothing, bring sunscreen, and a water bottle. No cleats!

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311200-01	7/25	EFLC	7-12	M-TH	9-10:30am	1	\$50

Nothin' But Net Basketball Camp

A competitive basketball camp that will let participants learn and practice basic, intermediate, and advanced techniques of basketball. Including dribbling, passing, and shooting. Participants will also

learn proper defensive techniques, rebounding skills, and offensive plays. The camp will end with a final game to let participants show off their newly learned skills.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311180-01	6/20	EFLC	7-14	M-F	10am-Noon	1	\$75
311180-02	7/11	EFLC	7-14	M-F	10am-Noon	1	\$75
311180-03	8/8	EFLC	7-14	M-F	10am-Noon	1	\$75

Active Kids Camp

Want to get your child moving this summer? Each day will have a different activity, starting with kid boot camp, then cardio dance, followed by kid yoga, and concluding with muscle confusion. Also, your child will learn about nutrition, how to prepare healthy snacks, and what to order at a fast food restaurant.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311113-01	8/1	EFLC	8-12	M-TH	1-3pm	1	\$70

Junior Lifeguard Camp

This training program gives aspiring lifeguards an up-close look at the job. Campers will receive training on water safety, rescues, injuries, and CPR. On Friday, campers will attend a weekly lifeguard in-service training. Must bring a snack/drink, towel, and wear a one piece bathing suit every day.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
320007-01	6/20	WP	11-15	M-F	10am-1pm	1	\$50

TEEN L.I.F.E.

Weekly day camp that stresses Leadership, Integrity, Friendship, and Empowerment. Activities will focus on teamwork, responsibility, and community service. This newly revised program will include exciting field trips, and participation in our Parks initiative. Spaces are limited. Timeline for registration is the same as Summer Adventure Camp. Cost includes a \$10 non-refundable, non-transferable deposit per week per participant. Each week of camp will be \$65 thereafter. (Week One & Six \$55).

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
311112-01	5/31	EFLC	12-14	T-F	7:30am-6pm	1	\$65
311112-02	6/6	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-03	6/13	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-04	6/20	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-05	6/27	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-06	7/5	EFLC	12-14	T-F	7:30am-6pm	1	\$65
311112-07	7/11	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-08	7/18	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-09	7/25	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-10	8/1	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-11	8/8	EFLC	12-14	M-F	7:30am-6pm	1	\$75